# SOMERSETBRIDLEW00D &

THE OFFICIAL VOICE OF THE SOMERSET BRIDLEWOOD COMMUNITY ASSOCIATION





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## **Bridlewood School**

207 Bridleridge Way SW

Wednesday
Chops Ages 4, 5 & 6
6:15 pm to 6:45 pm
Family Class Ages 7+
7:00 pm to 8:00 pm



acku.org







We hope you enjoy receiving the Newsletter of Somerset residents association. This newsletter is one of the many community-focused activities of the SRA along with our newly revamped website. Make sure you stop by the website www. Somersetwaterpark.org.

#### **Ouestions or Comments?**

We welcome all resident ideas, compliments, questions and queries, and please notify the SRA of any safety concerns immediately.

#### **Vandalism**

Continues to happen, if you witness park vandalism call (CPS) police immediately (403-266-1234).

#### Annual Invoice

Are you yet to pay your annual dues! Please let the SRA know if there are special circumstances preventing payment (see below).

Have a question that is not park related? Visit the 'Somerset/Bridlewood Community Association' website: www.mysbcacalgary.wordpress.com/.

#### **Contact Information:**

#### Somerset Residents Association

Phone: 403-807-8736; Email: somersetresidents@shaw.ca; Website: www.somersetwaterpark.org.

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



## **CHURCHES**

#### Peace Lutheran

14640 6 St SW, Calgary, AB T2Y 0E1

## The Church of Jesus Christ of Latter-day Saints

30 Everstone Blvd, Calgary, AB T2Y 4S5

## Red Deer Lake United Church

96187 178 Ave West, Foothills, AB T1S 2R9

#### St. Patrick Parish

1414 Shawnessy Blvd SW, Calgary, ABT2Y 2L7

#### FAC Southwest (Campus of First Alliance Church)

16520 24 St SW (Glenmore Christian Academy) Sundays, 11:15 am

## **SBCA Board of Directors**

Sarah Milne	President
Jad Abboud	Vice President
Lena Chalmers	Secretary and Communications Lead
Nicole Klein	Treasurer
Sheryl Normandeau	Community Garden Director and Membership Director
Curtis Bouliane	Director at Large
Michelle Braun	Director at Large
Lena Chalmers	Director at Large
Melanie Dunn	Director at Large
Donna Revenco	Director at Large

SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

**SOMERSET** 



#### **BRIDLEWOOD**



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- · Quick turnaround times

#### **Linen Cleaning Services**

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



#### **Workwear Cleaning Services & Supplies:**

- · Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies





VISIT OUR WEBSITE



**CONTACT US** 





Somerset Bridlewood Community Association (SBCA)

Incorporated in 1997



#### Our Vision

Somerset Bridlewood Community Association is a multicultural community which engages and supports connections among neighbours of all ages.

#### Our Mission

We encourage social, cultural and recreational activities by inspiring our neighbours to create a positive impact with pride and ownership.





132-250 Shawville Blvd SE
PO Box 176
Calgary, AB T2Y 2ZY
sbcasecretarycalgary@gmail.com

www.mysbcacalgary.wordpress.com



## Get a membership

Members are the cornerstone to the association. We develop activities and services to enhance our community's needs and interests. Your membership goes towards those activities, maintaining the community garden, and supporting the neighbourhood.

Senior (65 +) Membership \$10 Family Membership \$20 Business Membership \$40

#### Purchase or renew online

Note: Community Association memberships are separate and not affiliated with Residents Association fees.

### Get involved

Did you know that SBCA is run entirely by volunteers? Volunteers are the backbone of the organization. A community that works together thrives together. It is a great way to participate in decisions made and give back, all while becoming more engaged in your neighbourhood.

Join the Board of Directors

Volunteer at Community Events

Share Skills & Start New Programs

Sponsor or Donate

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#### **BEFORE & AFTER RENOVATION PROJECTS**





**BEFORE** 

AFTER





**BEFORE** 

AFTER





**BEFORE** 

AFTER

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## **SBCA Snippets**

All the best wishes for a wonderful 2024 from the Somerset Bridlewood Community Association! We're looking forward to an exciting year of activities and events to connect our communities!

Membership Drive – The new year brings new beginnings! A membership with the Somerset Bridlewood Community Association gives you free access to all our events throughout the year. Our membership incentives continue to grow, with various local businesses offering promotions and discounts for becoming a member of the Association. To join the Somerset Bridlewood Community Association, go to the Membership-Benefits tab on our website (www. mysbcacalgary.wordpress.com) to apply or renew. Signing up in January gives you the most benefit for your dollar, so don't delay! As a special bonus, all new or returning members will receive the chance to win a free membership for 2025. (One free membership will be gifted to the lucky recipient in January 2025.)

Volunteer Opportunities – As we already mentioned, we're planning to make 2024 a busy, fun-filled year of events, and that means we'll need your help! We will need volunteers for various events, helping with setup, take-down, craft activities, and much more. We understand that many people are not able to make a big volunteering commitment, but if you can help in any way with one-time activities, we'd be grateful! If you want to be put on our volunteer list for special events, please email sbcamembershipcalgary@gmail.com and let us know. We will also be reaching out to everyone on our current list to confirm that you're still interested in participating this year.

**Kudos to Our Giving Neighbours!** - A huge thank you to everyone who donated funds or non-perishable food items to the Mayor's Food Bank Drive in December. Your generosity has made a difference for so many.

**Ongoing Skip the Depot Bottle Drive**— If you're clearing out the garage and have bottles to spare, consider donating them to the SBCA via Skip the Depot. Download the Skip the Depot app, schedule your free pickup and designate your donation to the Somerset Bridlewood Community Association! You don't even have to leave the house to help, and you'll be bottle less in no time! So easy and we thank you!

January and February Events – As of press time, details haven't been finalized, but we will be hosting some events for the months of January and February that we know you'll be interested in! Please look under the Events tab on our website (www.mysbcacalgary. wordpress.com) for more details and check our Facebook page (www.facebook.com/mysbcacalgary) on a regular basis. A reminder that everyone is welcome to all our events, but members are always admitted for no charge!

Happy Bathday, Jiml
On January 17, 1962, a comedic legend was born

in Newmarket, Ontario. The star of hit movies like Ace Ventura: Pet Detective, The Mask, and Dumb and Dumber, Jim Carrey will turn 62 years old this year. Can you believe he has been gracing our screens since 1981 when he played Tony Caroni in Janet?

\*Accredited

## BRIDLEWOOD OUT OF SCHOOL CARE

# 323, 2335 162 AVE SW

(located in the Shoppes of Bridlewood) Schools we service are Bridlewood School and Monsignor J.J. O'Brien.

OPEN 6:45am - 5:45pm Come tour our facility! 403-256-1588 b Pick up and drop off included. Breakfast and afternoon snack is included. Summer Programs: Indoor/outdoor activities planned (weather permitting)

bridlewoodosc@gmail.com

Accepting Kindergarten to Grade 6.

Accepting registration for Kindergarten 2024.

Open on non-school days.





## **CRIME STATISTICS**

Somerset Crime Activity was Up in November 2023

The Somerset community experienced 9 crimes in November 2023, in comparison to 8 crimes the previous month, and 12 crimes in November one year ago. Somerset experiences an average of 6.0 crimes per month. On an annual basis, Somerset experienced a total of 72 crimes as of November 2023, which is down 32% in comparison to 106 crimes as of November 2022. To review the full Somerset Crime report visit some.mycalgary.com.

## Bridlewood Crime Activity was Up in November 2023

The Bridlewood community experienced 5 crimes in November 2023, in comparison to 3 crimes the previous month, and 10 crimes in November one year ago. Bridlewood experiences an average of 4.9 crimes per month. On an annual basis, Bridlewood experienced a total of 59 crimes as of November 2023, which is down 6% in comparison to 63 crimes as of November 2022. To review the full Bridlewood Crime report visit brdl. mycalgary.com.

How To Report Crime In Somerset | Bridlewood: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

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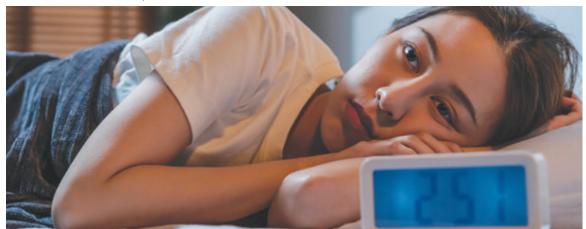
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### **MENTAL HEALTH MOMENT**

## **How to Deal with Those Long Sleepless Nights**

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

- 1. Cognitive Behavioural Therapy
- 2. Relaxation techniques
- 3. Specific exercise routines
- 4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
- 5. Help create consistent sleep routines
- 6. Help you learn to limit naps
- 7. Teach you how to create a healthy sleep environment
- 8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

#### **SAFE & SOUND**

## **Sledding Safety**

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

#### **Equipment**

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

#### Hazards

- · Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

#### Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm not hot water, until re-warmed.

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FOR THE SOLUTION



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## **Community Garden**

The Somerset Bridlewood Community Garden is planning an expansion, and we need your help! We're running a fundraising campaign in conjunction with West Coast Seeds, a well-known Canadian seed company that many Calgarians may already be familiar with. You're going to buy seeds for your garden this year anyway, so why not help the community garden in your neighbourhood so that we can give more gardeners the opportunity to grow with us? The fundraiser will run from January 7 to 21, so don't delay in getting your orders to us! Reach out to sbcagardencalgary@gmail.com for more details and watch our Facebook page (www.facebook.com/mysbcacalgary) for more information. We thank you in advance for supporting our endeavours!

As many of you already know, the Somerset Bridlewood Community Garden has a long waiting list this year, which makes the expansion project even more important and urgent. I will be working through the garden bed renewals during the month of January and into February and I should be able to offer any available beds to new gardeners sometime before March. If you are interested in renting a garden bed this year, don't be discouraged by the size of the waiting list – please email me at sbcagardencalgary@gmail.com to let me know that you'd like to be added! Check out our website (www.mysbcacalgary.wordpress.com) for more information about the garden and keep on top of our Facebook page (www.facebook.com/mysbcacalgary) for updates.

Watch the Somerset Bridlewood Community Garden's Facebook page and the SBCA website for details about upcoming indoor gardening online presentations you can enjoy while sipping on hot chocolate in the warmth and comfort of your own home. One of our topics that is sure to please is indoor herb gardening. We'll post soon about dates and times!

'Til next time!

Sheryl





MP Calgary Midnapore Stephanie Kusie 204 – 279 Midpark Way SE Calgary, AB T2X 1M2

**403-225-3480 403-255-3504** 

Happy New Year, Calgary Midnapore!

It's hard to believe that 2024 is already here! I hope you had a relaxing holiday season with your loved ones and welcomed in the new year with those closest to you!

As we enter 2024, I want to remind constituents of the federal services my office can help you with. Whether it be Service Canada supports (EI, CPP, OAS, CRA), Immigration, Refugees and Citizenship Canada (IRCC), or Passport Canada, we are here to help! For more information, please visit my website at www.StephanieKusieMP.ca.

I encourage you to follow me on social media to stay up to date on my work in Ottawa on your behalf - @StephanieKusie on X and Instagram, @StephanieKusiePolitician on Facebook, @StephanieKusieMP on YouTube.

My Conservative colleagues and I are heading into the new Parliamentary Session determined to get a better deal for Canadians. Our common-sense Conservative team is united behind our Leader Pierre Poilievre and his plans to bring home lower prices, safer streets, powerful paycheques, homes workers can afford, and freedom for Canadians. We will continue to fight every day in Parliament to ensure the common voice of the common people is heard in Ottawa's decision making.

May 2024 be a year of good health and prosperity for you and your family.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore



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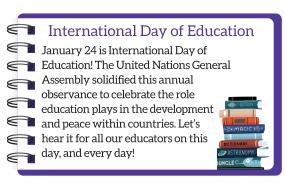
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## Somerset Real Estate Update

Last 12 Months Somerset
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2023	\$ 424,400	\$ 415,000
October 2023	\$ 524,900	\$ 543,500
September 2023	\$ 375,000	\$ 380,000
August 2023	\$ 277,450	\$ 277,950
July 2023	\$ 269,000	\$ 270,000
June 2023	\$ 282,400	\$ 279,500
May 2023	\$ 499,950	\$ 528,000
April 2023	\$ 352,500	\$ 395,250
March 2023	\$ 325,000	\$ 325,000
February 2023	\$ 402,450	\$ 389,500
January 2023	\$ 189,900	\$ 192,500
December 2022	\$ 436,500	\$ 440,250

## Last 12 Months Somerset MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold	
November 2023	8	10	
October 2023	19	18	
September 2023	25	31	
August 2023	28	22	
July 2023	18	17	
June 2023	22	20	
May 2023	13	18	
April 2023	29	22	
March 2023	18	17	
February 2023	11	8	
January 2023	5	6	
December 2022	9	10	

To view more detailed information that comprise the above MLS averages please visit **some.mycalgary.com** 

## Bridlewood Real Estate Update

Last 12 Months Bridlewood MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2023	\$ 494,950	\$ 495,500
October 2023	\$ 499,900	\$ 515,000
September 2023	\$ 529,900	\$ 535,500
August 2023	\$ 509,950	\$ 524,553
July 2023	\$ 347,450	\$ 352,500
June 2023	\$ 434,900	\$ 445,500
May 2023	\$ 522,450	\$ 537,500
April 2023	\$ 482,300	\$ 514,350
March 2023	\$ 470,000	\$ 475,000
February 2023	\$ 239,900	\$ 239,900
January 2023	\$ 424,900	\$ 406,000
December 2022	\$ 240,000	\$ 237,166

Last 12 Months Bridlewood MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	9	18
October 2023	28	25
September 2023	16	17
August 2023	21	24
July 2023	23	22
June 2023	23	16
May 2023	20	28
April 2023	25	22
March 2023	27	23
February 2023	15	17
January 2023	11	5
December 2022	8	11

To view more detailed information that comprise the above MLS averages please visit **brdl.mycalgary.com** 

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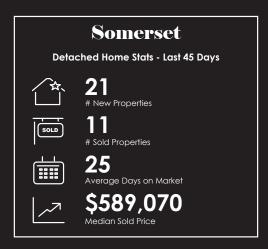
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